

2012

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LIVING!

Grow
Strong
and Live
L-O-N-G!

With *internet* references

STOP PRODUCING CANCER,
GROWING WEAKER AND FEELING ILL
AND DO IT **NATURALLY!!!**

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This is an obvious and deliberate promotion of natural foods and the supplements of good nutrition that are important for a reasonable expectation of health and longevity. This book is in no way anything beyond a compilation of scientific reports and information and does not constitute a replacement or substitute for professional medical supervision or advice. An internet reference and a vendor phone number have been provided for each and every tonic to supply additional information and research for your personal satisfaction. The goal is to assist you and your medical advisor with the resources that exist beyond your awareness.

We have become so sophisticated that natural foods and preparations as health applications often seem primitive and outdated or ridiculous to some. You either forgot or never knew that ‘medicine’ was actually born as the imitation of plant based mixtures. Often the essence of the original plant was and is included in a chemical compound that can be patented and mass produced to become medicine. A doctor’s supervision is required to make sure that the added ingredients do not harm the user. The original plant is always safe.

When explorers first arrived in places like Africa, China and the ‘New World’, they encountered natives in each location using plants and plant based mixtures to resolve physical imbalances. In most cases ‘sickness’ is a concept that we have adopted. Most of the health problems that humans experience are due to a physical imbalance caused by toxins and/or viruses. These impurities in the human system cause inflammation and a whole host of other problems if left uncorrected.

Here is a good clue to the validity of these statements. Hippocrates is credited with being the 5th century ‘Father of Medicine’ and it is his oath that *every* doctor takes before being licensed. In the classic version of the oath Hippocrates states: ... “[I do] hold him who has taught me this art as equal to my parents...” Well, what was before medicine? Why does Hippocrates hold ‘him/them’ his teacher(s) in such high esteem? We know his teachers were not doctors because Hippocrates was the first. So, who were his teachers? How does ‘before’ measure-up against what is ‘*practiced*’ now?

In the Bible [Basic Instruction Before Leaving Earth] we find in the first chapter of **Genesis** at verse 29 and 30, instructions about what to eat for a healthy existence. This information is prominently placed in an important compilation of sixty-six books, preceding scripture regarding sin, evil and money.

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If you believe that **GOD** is the creator, then it is easy to accept **HIS** advice about what to eat for health and longevity and to recognize the priority that is placed on the subject.

GENESIS

29 ¶ And God said, Behold, I have given you **EVERY HERB BEARING SEED**, which is upon the face of all the earth, **AND EVERY TREE**, in the which is the fruit of a **TREE YIELDING SEED**; **to you it shall be for meat**.

30 And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, **wherein there is life, I have given every green herb for meat**: and it was so.

If you have another philosophy, you might have to find another source that is not quite as old, but basically agrees with the Bible. By now most scientific research agrees with the Bible on this aspect of human existence.

According to the Bible, originally, many of the people who followed these precepts lived to be almost 1000 years old. This existence would predate doctors and medicine. The process that created medicine is the result of forgotten information and separated peoples that are beyond the scope of this book. However, recent techniques used for medicine creation is fairly well documented. You can search the internet for details about your favorite drug. Also check the following link to familiarize yourself with the medicine creation process.

-----> [All About Medicines](#)

The earth is filled with compatible elements and minerals that are organized for balance. We refer to that balance as nature and all of the elements and minerals as natural. We as humans are part of the balance. Peace, health and wellness are all part of the balance that we can reap from nature. When we practice unnatural behaviors we violate the balance of nature and we lose the peace, health and wellness that balance delivers.

Certain physical difficulties are the result of being out of balance and are often referred to as illness. However, the imbalance occurs when we have allowed unnatural practices to overwhelm our natural state. When a bone is broken, it is normal to reset the break and apply a splint or cast so that the bone can mend using the natural realignment ability of the body. No medical intervention is necessary for repair. In the majority of imbalances that are classified as 'illness', no medical intervention is necessary. The earth has all of the ingredients we require for peace, health and wellness. Modifying what is natural is not a good practice for longevity.

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It is better to find suitable nutrition, tonics, supplements and delicacies in nature. The earth has all of the ingredients we require for peace, health and wellness. Modifying what is natural is not a good practice for longevity.

With this practice there will be fewer toxins and impurities to eliminate in order to avoid inflammation.

Humans are organic beings of flesh and blood comprised of electro-chemistry. **Oxygen in the blood stream protects the body from a variety of threats that lead to illness. That is why people who have suffered potentially fatal health challenges are immediately given oxygen to promote resuscitation and health. Water, vitamin C and exercise are key agents that can be used to increase oxygen in the body.** Optimum health is also attained by the balance of pH or the percentage of hydrogen in the body. We have two possible states of health that are best described as acidic and alkaline. The acidic condition is conducive to a variety of imbalances, impairments and inflammation, while having a body that is alkaline will promote optimum health.

This is just the physical parameter that can produce a healthy life, but it is not the complete formula to the process. The human mind plays a very important part in the health of a living soul.

In mathematics there is positive and negative. Positive quantities relate to addition and growth while negative quantities relate to subtraction and decrease. Even though a negative quantity may grow larger, it does not increase or foster growth. ***The more negative there is; the greater and more effective the decrease.***

Another major part of being healthy requires a positive mind. A friendly nature, a heart of good will and hope for all things that are positive will also increase your health. Hate and negativity are self-destructive. The mind instructs the brain to produce chemicals that correspond to our thoughts and desires. Negative ***feelings*** require destructive chemicals to be released by our brain.

Positive thoughts create endorphins that produce an enhanced feeling of health and exuberance. People become weak when they are stressed and overly challenged.

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When infatuated or in love you feel euphoric and energized. Do not confuse the workings of the mind with the function of the brain. The mind and the brain are separate entities. The mind controls the brain.

The brain is a chemical factory used to communicate with the cells of the body. This is done both electrically and chemically.

We should not wish to do anything to interfere with this communication so that we can remain in health. The introduction of wireless headgear and cell phones can interfere with the electrical balance around the head and in the brain. The result is miscommunication between the brain and the cells of the body.

The mind is the junction of reason, emotion and spirit. Although you will encounter negative emotions beyond your control, you can train yourself to remain positive as much as possible and focus only on positive things. Involve yourself in positive activities, relationships and organizations. Music, art and humor are great boosters of mood and health. If you want good health, **be positive!**

Finally, the condition of your spirit and your faith will prepare you for longevity and durability now and in the future. A life based on **finite** things will have a **finite** existence. A life available to the supernatural aspects of creation will have an infinite destiny.

Attention to physicality, positive mental attitude and spirituality comprise the composite components of human health. You have full control of all three characteristics. All three of these major aspects require lifelong discipline. This guide attempts to direct you to the practices that will assist your physical well being. It is not necessary to incorporate every practice or to do everything always, but you must use as much as you can and avoid violating your discipline. Use good **Common Sense.**

Water

You may not regard the importance of water **very** highly where your health is concerned, but in reality, many of the concerns you have about your health are simply the result of a lack of **pure** water. A minimum of eight glasses of pure water will cleanse and replenish your body more thoroughly than anything else can.

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Most of the things that you read about here in this guide will be ineffective if daily consumption of pure water is not possible. Make eight glasses of water your daily minimum ritual as it is an absolute must for good health.

Food preparation

All food is not equal. At the top of the value chain are fresh fruit and vegetables.

If you consumed a complete raw fruit and vegetable diet from the wild, you would reach optimum physical health easily. Unfortunately, the circumstances of modern society tend to favor cooked food, so, what we can expect to receive from a cooked food diet is limited by our choice of preparation. If someone else prepares the food we consume in a commercial establishment, it is unlikely that optimum nutrition will be achieved and maintained.

Further, you will have little ability to gauge the amount of nutrition you will receive from a commercial establishment. Methods that are employed to improve the taste of commercial and processed foods also reduce the nutritional value. In many cases the additives can create harmful results. There is also a large pre-prepared and frozen food market that is not as hazardous as the fast food industry, but not too much more nutritious than a food-stuff distribution source. Always be aware of high percentages of sodium and the presence of corn syrup, and avoid them. Be especially cautious of high fructose corn syrup. Although it is an inexpensive and readily available sugar substitute, it is many times more dangerous to your overall health than natural sugars.

Perhaps you prepare your own food using the best ingredients and whole foods you can find, but you chose to use the microwave for part of the preparation to save time in serving. The use of the microwave oven can reduce nutritional values of food by about 80%. Microwaves are very easy for children to operate to warm up leftover food for meals. Although, the child is fed and may get full, that child receives very little nutrition. So as a result the child's body is still craving nutrition and is encouraged to eat again.

This is partly why there is an epidemic of diabetes in children in the past twenty years.

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Children crave nutrition, so they over eat to compensate for the nutrition they are not receiving in fast food, processed food and microwaved foods. Too many children are obese before they reach adulthood as a result of this practice.

Just gee-whiz information: *a cell phone operates on the same principles as a microwave oven. Instead of food being radiated, your brain is the victim over and over again. Your cells receive instructions from the brain to properly regenerate, duplicate and replace themselves. If the message is not received, no activity can take place. It is more than likely that microwave radiation from a variety of sources may be interfering with the communication between your brain and your cells, **but**, you can research this for yourself. [See <https://www.elsevier.com/locate/mehy>, [Electromagnetic Health](#), [Microwave News](#), [EM Radiation Research Trust](#), [The BioInitiative Report](#), [Mobile Phones and Brain Tumors](#), [Cancer Institute Warns of Cell Phone Risks](#), [Approaching Epidemic: Brain Damage from Mobile Phone Radiation](#).*

Prepare your own food on a stove and eat as many raw fruits and vegetables as possible. Use good **Common Sense**.

Also be mindful that most of the cookware that is commercially available is not appropriate for food preparation because of the metals and residue they leave behind and in the food you ingest. Select ceramic or glass cookware when choosing utensils for food preparation.

Oils

Always chose extra virgin olive oil exclusively whenever you are **adding** oil or a spread to your foods and breads. Use it sparingly to replace margarine or butter. Use coconut oil for **cooking**. You will be amazed by the result in a very short period of time.

Vitamins

We all need vitamins for health, longevity and proper body functions. We require the complete complement of vitamins and minerals every day. We must avoid trying to satisfy the minimum daily requirement or the MDR.

Often the MDR is understated or unknown, so it is unrealistic to use MDR as a baseline. The balance of vitamins and minerals is essentially more important than minimum daily requirements.

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Many of the vitamins required in a daily diet are not absorbed in the body without the presence of other vitamins. This is a far greater problem than not receiving any vitamins at all. **For this reason it is recommended that you receive your vitamins when you eat.**

Many diets are based on flavor rather than content. For this reason there are not enough fruit and vegetables incorporated in the daily diet. Ideally, fruits and vegetables would be the best source of vitamins and minerals. However, the soil that many crops come from is depleted or treated excessively with pesticides, so the nutritional value is diminished.

There have also been an introduction of genetically modified crops [gmo] and hybrids to stretch and supplement the food supply that also limit what nutrition is available from food. So we can conclude there is a necessity for another source of nutrition to sustain us.

A multiple vitamin is the best source of this nutrition and the best multiple vitamins are liquid or powdered.

A good multi vitamin will **exceed** most of the MDR values. Pills are made from forms that hold the nutritional material in place. The forms are larger than the space required for the amount of vitamin that will be added, so cellulose, paper, silicon or sand is added as filler.

Supplements can also be dangerous to your health if chosen incorrectly. We are caught in a catch twenty-two. Supplements are an essential requirement and caution must be exercised during the intelligent selection of a vitamin complement.

Marketing and advertising are not substitutes for quality. If you have read and understood all that is written here thus far, you now know enough to eliminate 80% of the vitamins on the market as suitable supplements for your diet. You also now know why it is necessary to take supplements. In this guide you will find a recommendation to become familiar with the health food vendors in your area. The health food vendor is a specialist in health food products and is very knowledgeable about health, nutrition and quality ingredients. Make the health food vendor your first choice for vitamins, minerals, herbs and other nutritional products. Remember, that you are your best advocate and you should be the expert on you.

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Beverages

There are hundreds of choices of things you can drink. This is another area of diet that needs careful scrutiny for health and longevity. A saying from the old days states: **"Everything good to you may not be good for you."** Just remember to start with water.

You should make sure you get no less than eight (8) glasses of water daily. Other great choices after water include all fruit juices, almond milk, coconut milk, green tea, lemonade, aloe vera juice, tomato juice and vegetable juice. Use good **Common Sense** in your selection process.

In General

Always be mindful of the fact that you are not building a healthy body for health's sake, but, instead you are protecting yourself from a variety of environmental hazards and nutritional deficiencies. A strong immune system can change harmful conditions to helpful conditions.

A good example of this was illustrated by research that suggests that ultra violet radiation from the sun is only harmful to individuals with compromised immune systems and beneficial to individuals with an immune system that is intact. We may find similar facts related to natural sugars [cane, fructose, and honey], sea salt and even vitamins.

As food, water, air and the environment become more hostile to impaired humans; it behooves us to maintain the best possible health for longevity. There is research that suggests that a healthy body supports a healthy mind that is resistant to Alzheimers, bad moods and negative thought. Evidence of more graceful maturing is also available for individuals who manage a healthy lifestyle for prolonged periods.

Don't count on healthcare to repair a life of abuse or even regenerate you when you get run down. All indications are that healthcare is going to be more expensive and very complicated in just a very few years. There are too many politicians trying to create the perfect plan for everyone and everyone knows that this task is impossible to accomplish. As the cost rises and the dollar shrinks, your health will be more at risk than ever. The best

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medicine for you is a large dose of prevention starting now and continuing throughout your entire life.

Then, you won't care about healthcare so much because you will have taken responsibility for yourself and enrolled in the only insurance policy that is guaranteed to work regardless of which political party is in power. It won't matter who is in office because you will have cast your vote for you, health and useful life. Life is only as good as you feel it is so, use **Common Sense**.

The greatest act of love causes one to maintain ones' self for continued service to others. Who can you help if you are not healthy yourself? In order to remain in good health, it will require discipline for an extended period of time. It is a choice. Choose only health and you shall have it in attitude, spirit and life.

Mind Altering Substances

Cravings are an indication of nutritional deficiency. The mere fact that you become susceptible to a craving for a mind altering substance is a signal that something is wrong, but complete nutrition can alleviate it.

The choice of drugs or alcohol is due to a missing component of your individual makeup. You can have your physician test you for vitamin and mineral deficiencies.

Also keep in mind that the use of foreign substances will introduce other negative factors to your physical and mental profile. The feeling that is derived from these substances is not free. There is a price to pay for adding foreign substances and their residue to your body. The introduction of foreign substances increases your vulnerability to a variety of maladies.

Not only will you neglect the issue that created the craving by using foreign substances, but you will also add a whole host of other problems in the process. Alcohol and drugs contain some known additives and some unknown substances depending on the source. Youthfulness may provide a pass for the serious effects of drug abuse for a while, but eventually the instances will take their toll. A forty year old may look, feel and act like a sixty year old and may not live to be as old as he looks. It is a choice. Choose only health and you shall have it in attitude, spirit and your life. Use good **Common Sense**.

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What is available?

The earth has so many nutritious choices that you have to actually practice being unhealthy. Fresh fruit, grains, seeds, nuts, herbs, vegetables, fish, poultry *and occasionally* small portions of meat will keep you healthy. The **more** fruit and vegetables that you eat raw, the higher your health level will be. Occasional abstention can also be beneficial for cleansing of the body. If you have a consistently healthy diet, occasionally **you should** skip a meal or two.

For optimum health you must constantly detoxify yourself while receiving the highest quality of nutrition and minimize the toxins in your surroundings. The Bible gives us sage advice and leads us to a dietary path that sustained humans when there were *no doctors and no medicines*. During these times we are told that most people could expect to live a healthy life for the better part of a millennium.

Genesis is a book that defines our origin and **GOD's** intention for our lives. You can see that what to eat is spelled out in the very first chapter. In that text, the word *herb* refers to edible vegetation. Most of this vegetation is still available to be grown or purchased and it is still the most nutritious choice of food for humans on this planet. It is not always easily identified, but it exists and can be found in organic produce and health food stores that specialize in the purveyance of fresh nutritious foods. If you are seeking optimum health you must choose food from among the healthiest choices available. The following list of items will assist you with this process.

THE COMMON SENSE TONICS GUIDE

Click Here -----> **Grow*Strong*and*Live*Long** [save this file.]

The tonic applications on the **Common Sense Guide** that are at your disposal are special, potent cell rejuvenators. They perform best when a good foundation is in place.

TRANSLATION: You need vitamins and minerals that are not provided in your daily diet.

It is recommended that a good, age and gender specific multivitamin in powder, liquid or capsule form precedes any further prevention for 14 to 30 days **BEFORE** attempting any

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Tonic application. No repair can take place until your entire foundation is in place. If you have habits that are not conducive to good health, discontinue them at once. Use good **Common Sense**. A Tonic will not foster optimum health while you are poisoning or abusing your body. Always take your vitamins with meals and use the selected beverages to assist with digestion.

Each Tonic application is powerful despite how common it may seem. The power is in the *organic* quality of the ingredients, your preparation and the thoroughness you use in administering the Tonic. Combining the applications increases the power of the program exponentially. Your results will be enhanced by using multiple Tonics as part of your lifestyle adjustment. Consistency is the key to results you will see and feel.

Be sure to choose the simplest tonic from the chart that is applicable to your need. As time goes on you may add more complex applications to your diet with nutrient rich meals, vitamins and a basic tonic.

Think of yourself as a builder who is inspecting a structure and checking for defects. First, you make sure that you have a good solid foundation without cracks and then you can begin to repair all other parts of the structure until it is sound and ready for habitation. You may also build additional features at this time.

Exercise

There are all sorts of fad diet programs and special products that claim to be able to make you 'fit' and healthy without any exercise. Don't believe it.

You can improve your appearance just by altering your diet and you can also lose weight by surgery or various other techniques, but, longevity will only come from some basic exercises. This claim has been researched and it is clear that your best health is almost guaranteed if you walk regularly and add some minor aerobic arm raising exercise like jumping jacks, marching and swinging your arms or jumping on a small trampoline.

This thesis is based on the mechanics of the human body. The pulmonary system has its own constant pump to keep air and blood flowing through it. The cardiovascular system

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also has its own constant pump to bring fresh blood in and remove used blood from the whole body. Unfortunately, the lymphatic system has no constant pump of its own.

The fluid in the lymphatic system requires physical activity to circulate and remove spent fluids. Exercise that includes raising your arms above your shoulders is extremely effective. Oddly enough, the trampoline is as effective as anything else you may try and it may have some weightlessness benefits that are hard to duplicate or explain. At any rate, please add an arm raising exercise to your day with a short walk perhaps after dinner.

Humans also H E A L Humans

The proposal of a positive attitude has already been presented with simplicity and it may be overlooked as unimportant or insignificant. However, human interaction that is cordial and kind has been documented many times as a ‘supernatural’ tonic. Many cases could be cited here, but one of the most famous and well documented examples is that of John D. Rockefeller.

Mr. Rockefeller is one of America’s foremost industrialists who had become very successful and wealthy before the age of 56 when he retired. Throughout his endeavors he had also become very limited in his health and what he could digest as a result of what seemed to be a nervous breakdown. By the time his empire was amassed he could hardly eat anything more than cereal. This choice was not a bad choice, by the way, and has been documented as an excellent source of nutrition even in the book of Daniel [1:12] of the Old Testament of the Bible. At this point in his life Mr. Rockefeller did not believe he would live much longer.

It is reported that Mr. Rockefeller began to observe people around him during this time of poor health and thought that his wealth may not benefit him much longer.

So, he began to address the concerns of individuals around him with his resources. He started by addressing the problems of individuals. When the problems and concerns of these individuals were resolved, they were so grateful and pleased, that Mr. Rockefeller himself was moved by their joy and gratitude. He began to find a great sense of satisfaction and pleasure in addressing the needs of others.

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This sense of philanthropy and charity evolved into institutional endeavors that included building hospitals, libraries, museums, schools and other public establishments. Miraculously as his life's work evolved, so did his health.

With little other additional medical attention John Rockefeller returned to health. His greatly anticipated demise was postponed until the age of 97. John D. Rockefeller was one of the best known proponents of homeopathy.

John Rockefeller may have had access to high quality food that was not encumbered with the technological processing techniques that are prevalent today. He may also have been guided by advisors that were not biased by the proliferation of chemical cures that masquerade as medicine. With all that aside, there is no discounting the direct effect that his benevolent attitude attributed to his overall health.

Out of all the tonic examples that have been described in this book, altruism is probably the most powerful one not to be overlooked. This form of affection is an expression of love. Love in all of its forms creates provision for healing that is not always publicized as widely as some chemical remedies.

Perhaps this is why people with pets and humanizing hobbies progress so well with longevity. Individuals who are involved with others in positive organizational efforts also do very well with health and time. Despite the current trends, marriage and intimacy also rate extremely well for health related matters.

Regular romantic interaction and marital sex can account for a great deal of vitality because of the effect the activity has on the brain and the hormonal production throughout the body. This is especially true for the female of our species. When a woman becomes pregnant her body takes her even farther into vigor as the fluids in the birth canal and breast milk become extremely nutritional and therapeutic.

Intercourse is a form of exercise that invigorates the entire body, mind and spirit while strengthening the heart and encouraging increased blood flow. The common bond established between lovers causes each partner to focus on their mate. The euphoria that results from the thoughts related to a mate releases endorphins from the brain and causes adrenaline to flow throughout the body.

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Healthy people feel better and they function more reliably with an enhanced state of mind that allows them to be more productive than they would be if they were not as healthy. This too is a lifestyle choice. Choose what is best for you and your family. Use good **Common Sense**.

Something Else Natural

As this book begins there is a wordy description of the human body that allows us to think of ourselves in un-common terms. Although these descriptors don't normally frame the usual discussion of human physiology, they are in fact parameters that we should consider more often in order to provide a more comprehensive approach to body maintenance. Humans are organic beings of flesh and blood comprised of electro-chemistry. This statement allows us to examine the mechanism of humans and to try to understand our mortality the way one would perceive a device or a machine.

Given this expanded acknowledgement of our makeup, we can begin to recognize many of the common methods we have employed to sustain us as intuitively ineffective. You may wonder why we aren't trying to optimize the electrical characteristics of the human body. Why don't we try to provide a better pathway for electrical signals from the organs through the body? Why don't we 'tune' the circuits of our bodies so that we have maximum power transfer from the sending organ to the receiving cell? Why don't we understand that we eat to produce electrolytes that are conducive to our electrical system? Why don't we understand that every circuit has a limited frequency response and cell resonance occurs under certain circumstances with specific frequencies?

It turns out that everything in creation has a frequency, including humans. Another way to say this is to say that everything vibrates. This is why music can be so soothing and healing with its various sounds, frequencies and vibrations. Some vibrations are healthy and some are destructive. A warm bath can make you feel better, while a firecracker or a bomb blast may be disturbing and disruptive.

Natural foods are already **'in harmony'** with you.

This is because we share a common source and origin with plants and for this reason the benefits may exist beyond any correction or resolution. Un-natural remedies may not be as

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beneficial or beneficial at all because the combinations of ingredients that are used to create the remedy are ‘inharmonic’ or dissonant with you. Additionally, residue that is not organic can be harmful to you. There are no engineers or scientists in your doctors’ office skilled in the connection of these physical principles. Traditional medicine has not yet made this total connection.

Alternative therapy doctors advocate the connection between the frequencies of the earth, the frequencies of your body and the herbs and vitamins that were created to sustain us. There has been exhaustive and rejected research that recognizes that as the earth rotates there are magnetic fields generated. These fields combine with the sun’s energy to produce plant life and support animal growth and development.

They are specific and precise so that they can be calculated and generated by machine. The multiples of these frequencies or the harmonics have been found to have specific healing properties for specific parts of the body down to the cellular level. These frequencies can be captured and transferred by crystal formations also. Various types of crystals have been used to make devices that generate healing frequencies. The crystals can be used separately to provide healing power as well. One such source of this natural radiating power can be found in quartz crystals. Crystal wearers and bearers seem rather far out, but they are aware of scientific facts that most people are not. When crystals are cut properly and assembled strategically, they can protect you from harmful Rf and wireless signals that pervade our lives these days.

Some people wear quartz crystal jewelry and others wear magnetic bracelets. Both have been shown to be effective as general health enhancers. Do whatever research and due diligence you feel is warranted to identify electro-protection aids suitable for you. A good starting reference is [Educate Yourself](#) and [Forbidden Cures](#).

Dr. Royal Rife pioneered frequency healing and developed an electronic device in the 1930’s to heal a variety of diseases, including cancer. You can read about Dr. Rife here and find information about the latest version of his technology. Go to -----→ [Rife Technology](#) and [Digital Rife](#) or [Healing Technology](#) .

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Please take note and be aware that this is not an endorsement for any product or technique. This is simply an attempt to provide exposure to past discoveries, technologies and information that may be useful to those with interest in this area of science, healing and physiology.

Use good Common Sense. Make use of all you have learned here and refer to this information often. **Grow Strong and Live Long!**

More Common Sense



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